



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 35028, Cockles, raw (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	78.80	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	79	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	331	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein <sup>1</sup>	g	13.50	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) <sup>1</sup>	g	0.70	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash <sup>1</sup>	g	2.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	4.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
<strong>Minerals</strong>													
Calcium, Ca <sup>1</sup>	mg	30	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe <sup>1</sup>	mg	16.20	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Vitamins</b>													
Thiamin <sup>1</sup>	mg	0.010	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Riboflavin <sup>1</sup></b>													
Niacin <sup>1</sup>	mg	3.200	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

### Lipids

### Amino Acids

### Other

#### Sources of Data

<sup>1</sup>Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993